

# Maricopa County Instructor Training Program

Gain the knowledge and skills necessary to teach safe and effective group exercise classes. Volunteer instructors are needed to teach a variety of classes for Maricopa county employees.

## Training Program topics:

- Anatomy and Kinesiology
- Instructional Techniques
- Class Design and choreography
- Cueing and Music
- Injury prevention
- How to obtain national certification

Group exercise classes include body conditioning, circuit training, step aerobics, jazzercise, Zumba, pilates and more. Classes can be taught in the new Group Exercise studio (*that is opening later this summer in the Administration Building*) or at other county locations.

## Training Program format:

This 8-week training program will meet one time a week (after work) and one Saturday a month. Part of the program is to “practice teach” and also to critique other instructor’s classes. Hand-outs and class materials will be provided.

At the first night (orientation), we will decide days, time and locations to meet.

**Orientation will be held on Thursday, July 7<sup>th</sup> at 6pm. We will meet on the 2<sup>nd</sup> floor of the Administration Building outside Suite 200 (near Walgreens).**

Please RSVP to Jan Hertzfeld if you would like to attend the orientation and/or if you have any further questions.

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